

CLAIMS

I claim:

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1. An exercise apparatus for simulating ice skating movements in a user, the
apparatus comprising,

- a) a horizontal platform;
- b) two defined curvature guide paths;
- c) two pedal assemblies moveably coupled to the guide paths;
and
- d) a variable resistance mechanism.

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2. An exercise apparatus of claim 1, wherein the apparatus further
comprises a chest support.

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3. An exercise apparatus of claim 1, wherein the apparatus further comprises
a hand assembly.

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4. An exercise apparatus of claim 1 wherein the defined curvature guide
paths are in a substantially symmetrical, horizontal and mirror-image
arrangement to one another, each of which curves outwardly from their
respective forwardmost ends and curves inwardly from their respective
rearmost ends.

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5. An exercise apparatus of claim 1 wherein each pedal assembly comprises:
- a) a footpad;
 - b) a pivot rod; and
 - 5 c) a block guide.

6. A pedal assembly of claim 5, wherein the pivot rod allows inward rotation about a 90 degree axis.
- 10 7. An exercise apparatus of claim 1, wherein the variable resistance mechanism mounted within the horizontal platform comprises:

- a) a fly wheel tension gear;
- b) a series of pullys arranged along and under the defined curvature guide paths; and
- 15 c) a tension bearing elastomeric strap.

8. An exercise apparatus of claim 1, wherein the variable resistance mechanism can increase or decrease resistance.

- 20 9. An exercise apparatus comprising two defined curvature guide paths that are in a substantially symmetrical, horizontal and mirror-image arrangement to one another, each of which curves outwardly from their respective forwardmost ends and curves inwardly from their respective rearmost ends.